Thursday, March 6, 2014

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Virtual robber hits Flexcoin

No one was hurt (physically) when digital money was stolen in online bank heist

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Remand centre opens

Women's facility in Regina accepted its first inmates

PAGE 2

THE STASH PROJECT: DAY 2

IN WHICH WE LEARN THAT A CAT CAN HAZ WEB FAME — BUT IT TAKES LOTS OF WORK

PAGE 4

Habs prospect in critical condition

Meningitis. Tim Bozon of the WHL's Kootenay Ice hospitalized in Saskatoon; Blades players, personnel given antibiotics as precaution

Kootenay Ice forward Tim Bozon was in critical condition on Wednesday at Royal University Hospital in Saskatoon with Neisseria meningitis.

The Western Hockey League said public health officials were trying to ensure that anyone Bozon, 19, had contact with receives appropriate treatment.

The Saskatoon Blades said players and team personnel were given antibiotics as a precaution.

"(Public health) said the risk is minimal but we're taking precautionary measures," Blades president Steve Hogle said.

Meningitis, an inflammation of membranes around the brain and spinal cord, can be fatal if not treated quickly.

Bozon, who was selected in the third round, 64th overall, by Montreal in the 2012 NHL draft, was admitted to hospital March 1.

Kootenay beat Saskatoon 4-2 the night before. Bozon had a goal in the victory.

His parents, Philippe and Helene, have been at his bedside since they arrived in Saskatoon Sunday from their home in Switzerland.

While there are several varieties of meningitis, the particular type Bozon has, Neisseria meningitis, is bacterial and more contagious.

"The way bacterial meningitis spreads is through spit. You need to have very close contact or direct contact with the nose and throat secretions of the individual who became ill," said Dr. Shovita Padhi, deputy medical health officer for the Saskatoon Health Region.

Bozon has 30 goals and 32 assists in 50 games this season with the Ice.

THE CANADIAN PRESS/CKOM

THANKS A MILLION, HALIFAX

A trip to Novia Scotia has paid off big time for a Saskatchewan woman. Tanya Jimmy of Onion Lake has won $1 million in the Atlantic Lottery. Story, page 2. CONTRIBUTED ATLANTIC LOTTERY CORPORATION

NEWS 1

Women's remand centre opens

Converted unit. New space replaces RCMP custody for adult females awaiting court appearances in southern Saskatchewan

MARCO VIGLIOTTI
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The first women's remand facility to serve southern Saskatchewan has opened in Regina.

White Birch Remand Centre, housed in a previously vacant wing at Paul Dojack Youth Centre, accepted its first inmates last Friday.

"For inmates in the southern region that need to appear in court ... they are closer to (their) court location," Janice Wilby, spokeswoman for the provincial Ministry of Justice, told reporters touring the facility on Wednesday.

A declining youth crime rate, according to Wilby, opened enough space at Dojack to host an entirely separate facility for women.

The cost to renovate the facility to meet adult standards, including with an addition of new locking mechanisms, has totalled $1.8 million.

Previously, women in southern Saskatchewan would be held at RCMP detachments while awaiting court appearances.

The only other remand centre for women in the province is at Pine Grove Correctional Centre in Prince Albert — Saskatchewan's sole women's prison.

Wilby stressed that unlike Pine Grove, White Birch — capable of holding up to 18 women — will have no one serving prison sentences.

Most cells at White Birch contain a single bunk bed. Inmates are required to call correctional officers on an intercom system to use washrooms.

Rather than constructing a stand-alone facility, Christine Tell, minister responsible for corrections and policing, said the renovation allows the Justice Ministry to better use available space.

"This converted unit helps to use more of our existing space in our correctional system," Tell said in a prepared statement, "while maintaining the safety and well-being of remanded female offenders."

Partnerships with Sask. aboriginals important, say business leaders

Alex Archila, asset president of BHP Billiton potash, second from left, and Canadian Council for Aboriginal Business (CCAB) CEO and president JP Gladu, second from right, are presented with traditional aboriginal blankets by First Nations University of Canada executives during a CCAB luncheon at the university on Wednesday. During the luncheon, Saskatchewan business representatives discussed how partnerships between private-sector firms and aboriginal groups are important in building relationships with First Nations communities. For the full story, visit metronews.ca. SARAH TAGUIAM/METRO

Jackpot! Winning $1M lottery ticket bought by Sask. woman in Halifax

A Saskatchewan woman's spur-of-the-moment decision to buy a lottery ticket in Scotia Square Mall last week has landed her $1 million.

Tanya Jimmy of Onion Lake, Sask., was in Halifax for a work conference when she decided to follow her husband's advice and buy a few Atlantic Lottery tickets from a kiosk after she had her nails done in the mall.

"It was just a spur-of-the-moment sort of thing," Jimmy said Wednesday after receiving the big cheque in Moncton, N.B.

Jimmy bought two MaxMillions tickets and a Lotto 649, but didn't check to see if they were winners until she looked up the numbers from Friday's draw on Sunday while she was in the bathtub.

"I was like, 'Oh my God, this is my ticket!'" Jimmy said. "I had to yell for husband to come and have a look."

It was hard to believe she'd actually won so Jimmy said when she called the lottery the next day she told them, "I think I won MaxMillions."

"My husband was like, 'You don't think, say you did.'"

Although Jimmy bought the ticket in Halifax, she said it's unlikely she'll be back to spend some of her winnings soon since the city is "kind of out of my way."

"It's quite the plane ride," Jimmy said, but added another work conference could bring her back to Halifax eventually.

The first thing Jimmy wants to do with her winnings is pay off her loans and set up trust accounts for her three sons, aged 10, 13 and 16.

The boys were really excited to hear of the win, but haven't asked for anything, "which is good so far," Jimmy said.

Her husband has a lot of "little wishes" of his own, she laughed.

Thanks to the extra money, Jimmy said her and her husband can now expand a planned trip to California this April by bringing their children.

HAYLEY RYAN/METRO IN HALIFAX

Overwhelming demand

1,500 people overbilled online for campsites

The Saskatchewan government says so many people tried to book campsites this week that the online reservations system had problems and over-charged some of them.

The first round of parks were available for booking Monday morning.

The government says the high volume of campers going online to nab sites quickly contributed to a processing error.

It says of the approximately 7,000 reservations that were completed, about 1,500 people were charged more than once for their campsites.

Staff with the Ministry of Parks, Culture and Sport have emailed apologies and said the problem was fixed in time for Wednesday's bookings.

The government said about 3,400 people made camping reservations in 90 minutes Wednesday morning and the billing error was not repeated. THE CANADIAN PRESS

March 7 to 23

Sask. Fransaskois community kicks off annual celebration

Saskatchewan's francophone community kicked off the annual Rendez-vous de la Francophonie in the province on Wednesday.

Members of Fransaskois communities gathered at the legislature in Regina to herald the celebration of francophone heritage, language and culture.

Among the attendees was Canadian Olympic bobsleigher Chelsea Valois, who hails from the Fransaskois community of Zenon Park.

Olympic bobsledder Chelsea Valois speaks at the opening of Rendez-vous de la Francophonie. SARAH TAGUIAM/METRO

The festivities will run across Saskatchewan and Canada from March 7 to 23. This year's theme will be "joie de vivre." METRO

UN envoy threatened, driven from Crimea by armed men

Ukraine. Officials say Robert Serry was not kidnapped and is 'in good shape' after being confronted by men with weapons

A special UN envoy cut short his mission in Crimea on Wednesday after being threatened by 10 to 15 armed men and ordered to leave the region, UN officials said.

After a confrontation that began as he was leaving naval headquarters and continued at a café, envoy Robert Serry was driven to Simferopol airport by the men and was flying to Ukraine's capital to continue his fact-finding mission, the officials said.

On Friday, UN Secretary-General Ban Ki-moon asked Serry to go to Crimea as part of the fact-finding mission. Serry, who is currently the UN Mideast envoy, initially decided against going after consulting with authorities in the region. But UN Deputy Secretary-General Jan Eliasson said Serry later decided it was important to go, given the "dramatic circumstances."

Ukrainian officials reported earlier Wednesday that Serry had been kidnapped. But Eliasson denied that. He said Serry was threatened by the armed men, but was not abducted.

Eliasson said the men ordered Serry to leave Crimea and go to the airport. Serry refused, and was later seen in the café as armed men in camouflage outfits stood outside. He then got into a van with the men and was taken to the airport.

Eliasson told reporters that Serry "is in good shape physically. He is not kidnapped."

THE ASSOCIATED PRESS

Quoted

"I'm safe. My visit was interrupted for reasons that I cannot understand."

UN envoy Robert Serry

Police try to separate clashing pro-Russia demonstrators and supporters of the new Ukrainian government in Donetsk, Ukraine, Wednesday, where hundreds of demonstrators waving Russian flags stormed a government building. The region is the home city of fugitive president Viktor Yanukovych, who fled the country after protests in Kyiv. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Canadian perspective

Russia is in 'violation of international law': Harper

Canada will send two observers to join an unarmed military mission in Ukraine and will impose more sanctions on the regime of fugitive Ukrainian President Viktor Yanukovych, Prime Minister Stephen Harper said Wednesday.

"Russia's invasion of Ukraine is a clear violation of international law," Harper said in a statement.

A spokeswoman for Defence Minister Rob Nicholson said the two members have arrived in Odessa, Ukraine, and were co-ordinating with Ukrainian and other observers.

THE CANADIAN PRESS

As leaders meet in Paris, France sends Russia a warship

BPC Vladivostock leaves Saint Nazaire's harbour in France on Wednesday.
DAVID VINCENT/THE ASSOCIATED PRESS

A French-built warship designed to strengthen Russia's ability to deploy troops, tanks and helicopter gunships is getting its first test run Wednesday — just as Western powers are trying to rein in Russian President Vladimir Putin's military threat to Ukraine.

A spokesman for the shipbuilder says the Vladivostok helicopter carrier is setting sail from the French Atlantic port of Saint-Nazaire. A few hundred kilometres away in Paris, France's government is hosting American, Russian and other leading world diplomats Wednesday amid mounting tensions over Ukraine.

The warship is part of a $1.8-billion deal that marked the biggest-ever sale of NATO weaponry to Moscow, a deal that already raised eyebrows both within Russia's military circles and among France's Western allies in 2011.

France has criticized Russia's military incursion into Ukraine's Black Sea peninsula of Crimea, but says it has no plans to scrap the defence deal.

France, like many of Russia's European trading partners, has found itself wedged between efforts to squeeze Russia diplomatically and its own economic interests. The French government's top priority is reviving its lacklustre economy and battling unemployment, and this deal underpins some 1,000 jobs. THE ASSOCIATED PRESS

The results of Metro's attempt to make Stash the Moustache Cat go viral

SHANE GIBSON
Metro in Winnipeg

After giving Stash four weeks to blow up online, we called San Francisco-based social media expert Tim Hwang again to see what he thought of how we did ...

At first he said he was impressed, but when pressed Hwang admitted he thought we would have garnered even more followers than we did, simply because making cats popular online is, for lack of a better term, like shooting fish in a barrel.

"You guys picked up on one key thing, cats, which are already extremely popular on the Internet," he said, explaining that our numbers show we did well "locally," or within a particular online community, but that we didn't get the massive exposure needed to be considered hugely viral. "There are memes that sort of spread over the entire Internet, and that's an incredibly rare thing — it's sort of like lightning striking two or three times all in the same place.

"The factors that cause a piece of content to do that are really obscure, and it's an active and ongoing field of research just to try to figure out exactly what causes it."

Hwang, who researched Internet culture at Harvard University's Berkman Centre for Internet and Society, said Stash could still eventually go hugely viral even without our help.

"There's a lot of cases where content that is old and cold and dead comes back to life inexplicably," he said. "Some weird things can happen like that, where content gets rediscovered over time."

Why do cats run the Internet?

"I think cats are built ready for the Internet. They are small, cute ... and often get themselves in accidents that are funny." Tim Hwang

Stash's hashtags

Cracking the virality code

It's not just national free daily newspapers wondering why things go viral — Hwang said a lot of people are paying big money to research the phenomenon.

"It's interesting because on some level (kittens becoming famous on the Internet) is kind of 'ha-ha' funny ... but there's a lot of interest from a number of very surprising quarters in trying to decide why things become popular online," he said.

"It's everything from academics to the private sector. Obviously advertisers are always trying to unlock this code."

But Hwang said there's an even darker element than advertisers hoping to get to the bottom of virality: politicians and governments are foaming at the mouth to know the secret too.

"That's where it turns to something that's actually a little more concerning," he said. "Because maybe the principles that allow a kitten to become famous online are the same things that can be used to destabilize a country.

"It's just funny to me, of course, that something like cats on the Internet are at the centre of it."

Online

For a video and photos of Stash and more, go to metronews.ca

TIM HWANG'S BENCHMARKS OF SUCCESS

1 How many Instagram followers can we accumulate? We accumulated 1,050 Instagram followers in a month. ✓

2 How many images can we collect from followers? (That is, how many times did someone use our "template" to create a new meme?) Trying to make Stash a meme failed, although one person did upload a macro of Stash to Instagram.

3 How much action on Reddit, the self-proclaimed front page of the Internet, can we generate? We posted photos of Stash to reddit/r/cats, and they got about 300 upvotes. ✓

4 How much traffic can we drive to Stash's website, stashthemoustachecat.com? Traffic to Stash's website rose about 3,000 per cent, but that's because he had virtually no traffic before he started posting on Instagram. ✓

5 How many views of Stash's Imgur pictures can we achieve? Views of Stash's pictures on Imgur totalled about 7,000 views, mostly from Reddit traffic. ✓

Managing an internet cat

IRENE KUAN
Irene.Kuan@metronews.ca

The cat-pic community on Instagram is unlike any other. In Internet-cat land, everybody is nice, and there are no cyberbullies to be found.

Metro Winnipeg's managing editor Elisha Dacey knew she had a star kitty. Stash was born with a Chaplin-like mark on his upper lip (OK, fine, it's a Hitler-like mark, which makes Stash a member of the subgenre of e-kitties affectionately known as #kitlers).

In four weeks time, after posting 152 photos (#catoftheday), Stash went from an Instagram newbie to having 1,050 followers.

Stash did have a physical advantage over other cats, but there were several things to keep in mind when growing his new Instagram account, and I quickly realized that not everything goes viral without work.

Lesson 1: Decide on a personality Most viral cats capitalized on their appearance, but there were so many moustache cats (#moustachecat, #hipstercat) out there. I decided Stash was a friendly but vain cat.

Lesson 2: Hashtags Adding hashtags gave my photos more presence. There appeared to be no such thing as going overboard with hashtags, as long as I didn't add so many that they crashed my browser.

Lesson 3: Make some friends I had to stop being shy about talking to other Instagrammers, so I started stepping out: liking and commenting first on other accounts (#follow4follow).

Lesson 4: Never ignore compliments This was the most time-consuming part of this experiment — to answer every comment, say thanks to every compliment and like back photos of users who liked Stash's photos.

Lesson 5: Be active Don't disappear from posting for too long — not even for half a day.

More relaxed pot laws may be in the pipeline

Criminal Code. As it now stands, anyone convicted of possessing small amounts of marijuana can be jailed for up to 5 years

The federal Tories are considering more lenient pot laws, Peter MacKay said Wednesday. TORSTAR NEWS SERVICE FILE

The Conservative government is seriously considering more lenient marijuana laws that would allow police to ticket anyone caught with small amounts of pot instead of laying charges, Justice Minister Peter MacKay said Wednesday.

"We're not talking about decriminalization or legalization," MacKay said following the weekly Conservative caucus meeting on Parliament Hill.

"The Criminal Code would still be available to police, but we would look at options that would ... allow police to ticket those types of offences."

Prime Minister Stephen Harper is open to such an approach, he added.

MacKay has hinted in the past that such a move was under consideration. The country's police chiefs — as well as some Tory caucus members — have long called for ticketing people for pot possession instead of laying criminal charges.

But MacKay has also been among the Conservatives' fiercest critics of Liberal Leader Justin Trudeau's stance on the issue. Trudeau supports the legalization of marijuana, a position the Tories have mocked with gleeful abandon.

Under the Criminal Code as it now stands, anyone convicted of possessing small amounts of marijuana can be jailed for up to five years. First-time offenders can face fines of up to $1,000 or as much as six months in jail. THE CANADIAN PRESS

Vigil for Loretta Saunders

Sharon Armstrong of Ottawa takes part in a vigil on Parliament Hill on Wednesday for Loretta Saunders and to call for a national inquiry into missing and murdered aboriginal women. Two people have been charged with first-degree murder in her death. In a cruel irony, Saunders was writing a thesis on murdered and missing aboriginal women before she died. SEAN KILPATRICK/THE CANADIAN PRESS

Still probing

Provincial police overseeing Ford investigation

Ontario's provincial police are now overseeing an investigation into the activities of Toronto's Mayor Rob Ford, who has repeatedly attacked the legitimacy of the probe, Toronto's police Chief Bill Blair said Wednesday.

Ford's lawyer immediately denounced the oversight change, which leaves senior city investigators on the case, as "meaningless."

In a letter to OPP Commissioner Chris Lewis, Blair laid out his reasons for asking his provincial colleagues for help.

"I am taking this step to avoid the distractions that have assumed such recent prominence," Blair said in the letter.

Ford, who has vociferously challenged the chief to arrest him, has branded the investigation political. He has publicly accused Blair of wasting tax money — with little result.

THE CANADIAN PRESS

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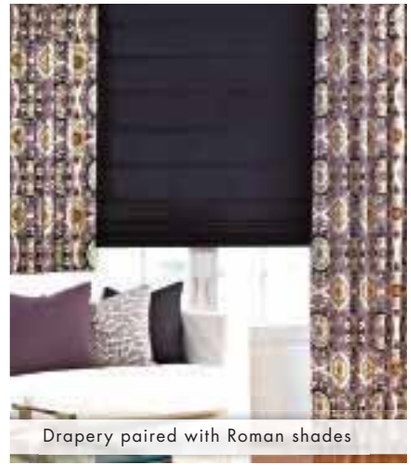
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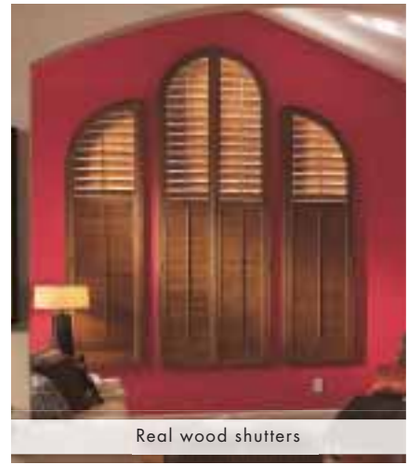
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Virtual bank robber to blame for fall: Flexcoin

Digital currency.
Alberta 'bank' focused on bitcoins folds after it claims attacker 'exploited a flaw in the code'

An Alberta-based online "bank" specializing in bitcoins is blaming a technical flaw for the theft of its digital currency that forced it to close its doors this week.

In a statement on its website Wednesday, Flexcoin says 896 bitcoins were stolen from its online vault. That translates into a loss of about $600,000, based on bitcoin's current trading value.

"Flexcoin was attacked and robbed of all coins in the hot wallet," the company reported on its website. "As Flexcoin does not have the resources, assets, or otherwise to come back from this loss, we are closing our doors immediately."

An email to the company requesting comment was not immediately returned. But the website did provide details on how the company thinks the theft happened.

"The attacker successfully exploited a flaw in the code which allows transfers between Flexcoin users," it said.

Flexcoin said by sending thousands of simultaneous requests, the attacker was able to move coins from one user account to another until the sending account was overdrawn.

THE CANADIAN PRESS

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Three's a very welcome crowd on 3nder

Fancy a threesome? Dimo Trifonov, the London-based entrepreneur behind dating app 3nder, thinks you do. The spin-off of location-based hookup apps like Tinder and Grindr aims to remove the seedy stigma attached to the ménage à trois. Seeking a threesome "should be something that doesn't make you feel like a sexual freak," Trifonov says. The app is currently in beta mode, but already has 23,000 subscribers. METRO WORLD NEWS

Market Minute

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Natural gas: $4.57 US (-$0.09)
Dow Jones: 16,360.18 (-35.70)

Weapons

Facebook to delete post for illegal gun sales

Under pressure from gun control advocates, Facebook agreed Wednesday to delete posts from users seeking to buy or sell weapons illegally. THE ASSOCIATED PRESS

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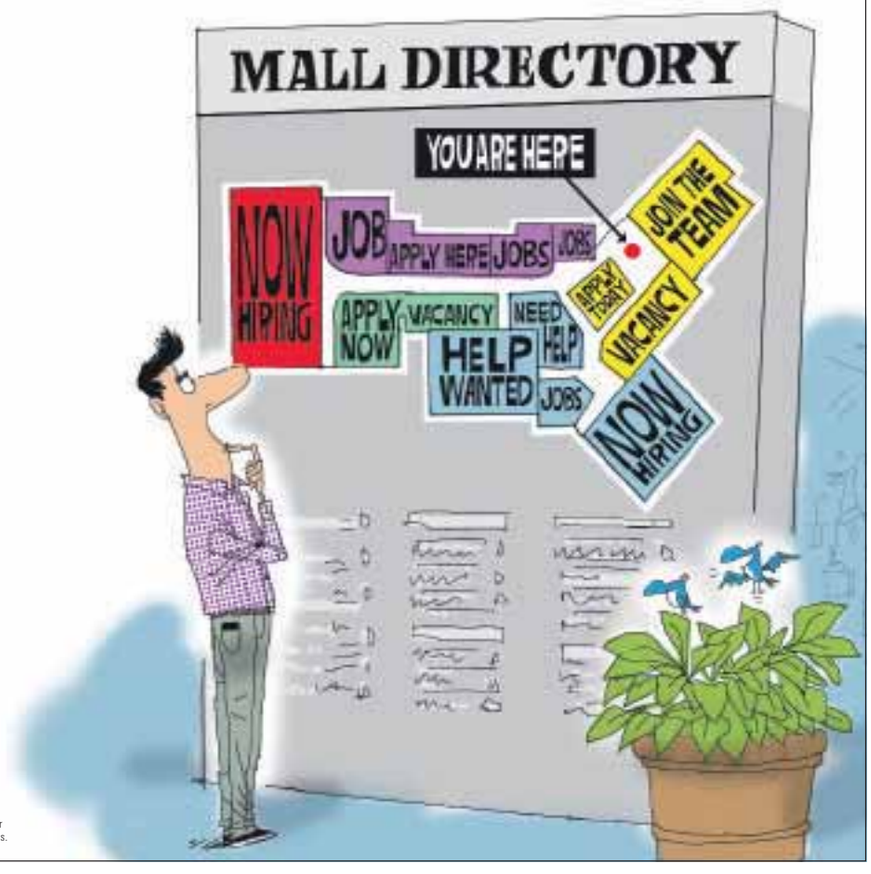
"Number one job site" based on six-month average online job postings for period ending January 31, 2014. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.



OPENING THE LID ON OPIOIDS

HE SAYS

John Mazerolle
metronews.ca

How did "a pain in the neck" come to describe an annoying person?

Because I have a pain in my neck keeping me home from work, and it's much more than annoying. When the doctor asked me to rate the pain on a scale of one to 10, I said I'd need a spinal tap because this one goes to 11.

OK, I didn't say that. What I said was: "OW makeitstop OW."

An annoying person should be a rug burn. Or a hangnail. Or a paper cut. All pretty good insults, come to think of it.

A "pain in the neck"? That should be reserved for the Atillas and Stalins and Trumps. History's greatest monsters.

This hurts so much that I've been watching Game of Thrones and after every decapitation I think, "Oh, that'd be sweet relief. Wish I was a traitor."

The good news is there's a silver lining — possibly lining the muscle in my neck, which would explain the throbbing. The doctor, seeing the brave way I was handling adversity, prescribed me a heavy-duty painkiller to provide relief. This means:

1) I get to take opioids.

2) I get to write about opioids.

3) If I write a lame column and make hack jokes about my doctor's handwriting, I can blame the opioids.

John's Guide To Prescription Painkillers

1) I joke around in this column, but you should never, ever abuse drugs that aren't liquor, beer, wine, snuff, cigarettes, cigars, marijuana, hash or coffee. And even then, only several times a month.

2) Try to look suspicious when you ask for your painkillers. That way, when the pharmacist makes a phone call and you check out, you get to act offended.

3) To check the effectiveness of the security cap, be sure to leave your medication alone in your living room for long periods of time. Better safe than sorry.

4) Remember to look under the rim for your chance at free drugs or one of seven 2014 Dodge Durangos.

5) All the drug-safety guidelines I read remind you to turn on the lights when you take pills. This is to ensure that you're not blind. If you are blind, call a doctor. Unless you've always been blind, in which case call a friend. They'd love to hear from you.

6) After a statistically significant sample of three Percocet, I can say the most interesting effect of opioids is that they don't make you feel good; they just make you feel less. Part of me had expected to have a Yellow Submarine/Twin Peaks vision trip, but really it was more of a Big Bang Theory/According to Jim trip. I didn't feel anything, other than hoping it would be over in the next 22 minutes.

And that's my guide to prescription painkillers. Now that I understand how powerful these drugs are, it makes sense to me that my doctor's handwriting is so scribbly! Am I right? Sorry, sorry. Dave's not here, man.

ZOOM

It's the circle of life

ANDREW BURTON/GETTY IMAGES

Human hamster wheel spins in N.Y.C.

Ward Shelley, top, and Alex Schweder, both professors, designers and artists, live in their art installation piece titled In Orbit on Wednesday in the Williamsburg neighborhood of the Brooklyn Borough of New York City. Shelley and Schweder are in the midst of living in the hamster wheel-like environment for 10 days; the wheel was designed complete with beds, desks, a kitchen and bathroom and chair for relaxing.

GETTY IMAGES

Working together through the grind

One wrong move by him or his fellow human hamster and they risk being thrown off. They are perched on opposite ends of the wheel, 180 degrees from each other, and must carefully co-ordinate their movements. When one walks, the other must walk in the opposite direction. When one stops, the other must stop.

"It's really an exploration of what it means to collaborate," Schweder said. "It's an exploration of trust between two people."

THE ASSOCIATED PRESS

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

So, how about those new year's resolutions? Two months into the year, are you still hitting the gym, reading more, spending less and being an all-around saint? For those who have perhaps fallen off the wagon, here are some apps to help pick you back up.

Everest:

Whether it's to climb Mount Everest or just pay off your debt, this free iPhone app helps you get your goals in order — and follow friends (and strangers) as they progress with theirs.

Habit Clock:

Start your day "right" with this alarm clock/habit-forming app. After you hit snooze, Habit Clock keeps your morning on track by sending reminders to finish your predetermined morning habits.

Habit List:

You can't develop habits unless you track them, or at least that's the logic behind Habit List. The iPhone app lets you record your tasks, sends reminders and keeps you focused.

ISTOCK IMAGES

Comments

RE: Passenger's Sexist Note Left On WestJet Flight Stirs Pilot's Heated Response, published March 4

Here's a plan. Keep doing what you're doing and try not to be offended so easily. People will always have their own outlook on life, and no matter how skewed it is they have a right to believe in whatever they want. Further, they have a right to express their own incorrect, correct, or outrageous opinions. Why let someone's rant or comment get you down? Why vent in anger on Facebook? Why even give it a second thought? We call this the "Me Generation" because the majority of people have developed a large sense of self-entitlement and people tend to take every insult and impunity to heart. **disqus_z3Lferpzr-rN posted to metronews.ca**

I disagree whole heartedly Disqus_z3LferpzrN. I do agree that everyone is entitled to their opinion. But there comes a point when the opinions are just not acceptable and when offered freely and openly like this they are open to the ridicule they deserve. This is SEXISM pure and simple and is not to be tolerated. As any kind of prejudice should not be tolerated. **TJE posted to metronews.ca**

For you to say that "any kind of prejudice should not be tolerated" is in fact extremely prejudicial and I will not tolerate it. Everyone has prejudice in their thinking towards something whether people like you like it or not, or even realize it or not. Some people are stupid. Some cultures are backwards. Some religions are horrible. I have the right to make such a judgment based on thoughtful study of the facts. **Rory Kyle Maxwell posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE 2

Toronto dub poet pioneer still pushing the boundaries of her art

Lillian Allen. Jamaican-born artist ready to share her work and knowledge at the Talking Fresh festival

BACKSTAGE PASS
Jacob Morgan
regina@metronews.ca

In the 1980s, the city of Toronto was completing transformation from its old British self into the mix of immigrant cultures it is today.

Lillian Allen captured the energy. Her classic 1986 album, Revolutionary Tea Party, successfully combines urban and island influences to make a subversive new musical style.

"A whole generation was coming up that was comfortable with diversity and even welcoming it," Allen told Metro over Skype from her Toronto home.

"They were leaving behind the divide of their parents and grandparents."

This atmosphere helped Allen — who grew up in Jamaica and moved to New York in 1969 before settling in Canada — become an early leader in the dub poetry movement.

"There were quite a few people concentrated here (Toronto) from the Caribbean," she said.

"We wanted change and we wanted a piece of the action."

While Allen was first exposed to the language that informs her commanding vocals as a child, she solidified her sound after hearing the modern Jamaican poet Oku Onuora.

Later on she connected with producer Billy Bryans and they stirred up the potent blend of reggae rhythm, spoken word and Western pop found on Revolutionary Tea Party.

"I don't think I could have gotten a better producer," said Allen, adding that the late Bryans understood how to make the music revolve around her lyrics.

Revolutionary Tea Party as well as 1988's Conditions Critical won Juno Awards in the reggae and calypso category. But the critical reception never translated into commercial success. Allen said radio stations and mainstream media weren't interested in a "black woman who didn't weigh 99 pounds."

"Nobody threw anything behind me, promoted, which would have really made a difference," she said.

Lillian Allen laid the groundwork for hip-hop artists like Kardinal Offishall and Saukrates. CONTRIBUTED

A sense of injustice is apparent on songs from the era including I Fight Back and the almost sinister dancehall track, Rub A Dub Style Inna Regent Park.

Today Allen's legacy lives on in contemporary hip-hop with such Toronto-based artists as Kardinal Offishall and Saukrates.

And she continues to push the dub poetry genre forward. On her 2012 release, Anxiety, she uses more experimental recording techniques and creates a fragmented backdrop for her powerful verses.

"I wanted to move dub poetry into a bit of avant-garde territory," said Allen.

"Jamaica is the roots, but essentially what I practice is a Canadian art form and a cosmopolitan art form."

Quoted

"A whole generation was coming up that was comfortable with diversity and even welcoming it. They were leaving behind the divide of their parents and their grandparents."

Lillian Allen on Toronto in the 1980s

Catch the show

Catch Lillian Allen during the Vertigo Series at the MacKenzie Art Gallery on March 6 for a workshop in the afternoon and a feature performance in the evening, and at the Research and Innovation Centre on the University of Regina campus March 7 and 8 as part of the Saskatchewan Writers' Guild's Talking Fresh festival.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan's reality is still stranger than fiction

MELINDA TAUB
Metro World News

In the first look at Lindsay Lohan's OWN post-rehab reality show, her life looks fairly grim. She confesses that being stalked by paparazzi makes her feel like a prisoner "all the time." She looks alternately bored and panicked throughout. Handlers tattle to Oprah that Lindsay is being unprofessional, skipping photo shoots and may be backsliding into addiction.

"This is exactly what everybody said was going to happen," Oprah sighs, "and I believed differently. She doesn't understand that this is your life."

We also glimpse a confrontation between the two, during which Oprah exhorts the OWN star to take her recovery seriously. "My truth is that I really do want you to win," says Oprah.

"No, it's not that I'm not ready to do that. I do want to," Lindsay insists.

"You need to cut the bulls—," Oprah returns.

Not defending Lindsay for leaving crews and co-workers hanging, but possibly her subconscious has realized that most newly recovering alcoholics would be better off anywhere but the set of a reality television show.

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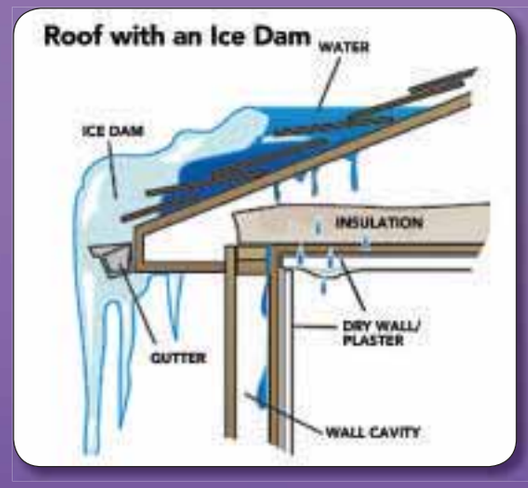

An ice dam can occur when snow accumulates on the roof of a house with inadequate insulation. Heat conducted through the insufficient insulation warms the roof and melts the snow on those areas of the roof that are above living spaces, but does not melt the snow on roof overhangs. Eventually, ice accumulates along the eave and in the gutter. Snow that melts later cannot drain properly through the ice on the eave and in the gutter, resulting in leaks which lead to damaged ceilings, walls, roof structures and insulation. There is no better time to protect your home.

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LIFE 3

From the runway, with love

Fall/Winter Fashion Month has taken four countries by storm once again. Here's a taste of what Metro's gurus of glam were lucky enough to see in the last leg of their high speed, high fashion city-hop. Until next season, style fanatics!

METRO WORLD NEWS

Roberto Cavalli (Milan)

Fire makes the perfect backdrop for Cavalli's flamboyant clothes. When a collection has heaps of dramatic fur on top of feathers on top of python on top of fringe, and tassels, and studs, and beading, the addition of a ring of flames and smoke seems only right and natural. He's cultivated an iconic look that may not set any agendas, but epitomizes Milanese fashion and its trademark carnal glamour. This is the drama we look for from Milano Moda Donna and he's delivered.

Major trends: Python, tassels, contrasting textures, blanket coats, gold.

Prada (Milan)

Prada has an unmistakable way of making the garish look intelligent, the street style bait not look so try-hard, and the commercially appealing look artful. That's why most of these pieces (I'm placing bets on the shearling jackets and sporty platform shoes), which would look ridiculous in anyone else's hands, will most likely fly off the shelves. Remember, Prada has consistently posted sales growth for several years now. Even if this collection is not her most exciting, she's still on a roll.

The major trends: Seventies-inspired prints and shapes, and shearling.

Rochas (Paris)

All of the clothes are stunning, right down to the densely beaded gloves. But too many in the second half of the show look heavy and fussy, like a wardrobe malfunction waiting to happen. That said, this collection falls right in line with the memo that clearly went out for autumn/winter '14: glamour and all of the decorative trappings that come with it, rules.

Major trends: Dense embellishments, outsized volume, experimentations with texture and longer fuller skirts.

Carven (Paris)

Guillaume Henry has referenced a decade other than the '60s this season and I appreciate that. His forties shapes and silhouettes have a film noir sensibility about them. Interestingly, this collection presents a more grown-up look than the girlier, whimsical fare. The strongest looks are the longest: straight, midi-length skirt suits and belted coat dresses and jackets that look like the stuff of Ingrid Bergman movies, with a modern twist.

Major trends: Longer midi skirts, shiny embellishments, shades of blue, and experiments with texture.

Sonia Rykiel (Paris)

The emphasis on knits and sense of humour present in a series of dresses emblazoned with 'Moi' are classic Rykiel, but there's a new contemporary, urban polish here as well. Best of all, everything looks so incredibly cosy and easy to wear. There are enormous Mongolian fur coats, relaxed, softly tailored trousers, oversized waffle knit sweaters and lithe, lean skirt suits, all in the warmest wools and cashmeres.

Major trends: Relaxed slouchy shapes, shaggy outerwear, textured three-dimensional surfaces and midi-length skirts.

Canadian street style

Spotted in: Toronto

Name: Jennifer

Age: 25

Occupation: Retail Manager

What she's wearing:
Hat: Topshop
Glasses: Chanel
Scarf: Wilfred
Jacket: Wilfred
Shirt: Club Monaco
Bottoms: J Brand
Shoes: Zara
Bag: Givenchy

Her inspiration:
"I'm minimal yet eclectic. I'm inspired by people who look amazing in head to toe basics. I adore people who can modify current trends to preserve their own unique sense of style."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Trends Report

High-waisted jeans are predicted to be a huge trend this spring, but who are we kidding? They're not flattering on many women, not even some celebs. But if you're curious to try them out, go online to Trends Report to see three outfits I've put together that actually make high-waisted jeans look great.

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Pizza marries nutrition

Red Pepper and Goat Cheese Pizza. March is Nutrition Month but healthy doesn't mean sacrificing flavour

FLASH FOOD

From your fridge to your table in 30 minutes or less

Pizza is a fantastic meal to make on the fly, especially if you have a flatbread or ready-made pizza crust. It's got a big surface, with lots of room for nutrient-filled vegetables.

In this easy-to-make recipe, creamy goat cheese balances the bright and fresh flavours of red pepper, onion and tomato. Combined with mozzarella (a pizza classic), olives and basil, it's a healthy meal that's ready in about 20 minutes.

Feel free to experiment with whatever you might have in the fridge: feta is a welcome substitute for goat cheese; zucchini and mushrooms pair nicely too. Chicken with spinach, red peppers and cheese is another dietitian-approved combo that you can easily cook and enjoy!

Ingredients

- 1 12-inch round of flatbread or enough pizza dough or a 12-inch (30 cm) pizza crust
- 1 tbsp (15 ml) olive oil
- 1 cup (250 ml) shredded mozzarella cheese
- 1/4 cup (50 ml) cup soft crumbed goat cheese
- 1 large red bell pepper, sliced
- 1 large tomato, sliced
- 1/4 cup (50 ml) sliced black olives
- 1/4 cup (50 ml) sweet Vidalia onion, sliced (optional)
- 1 tsp (5 ml) dried basil (or 2 tbsp/25 ml chopped fresh basil)

Using a baking stone is a great way to give your pizza a crusty finish. Place the pizza stone in a cool oven, turn on the oven and preheat the stone for about 45 minutes before cooking the pizza.

1. Preheat oven to 400 F (200 C) if using flatbread or 450 F (230 C) if using pizza dough

2. Place flatbread on baking sheet. Alternatively, if using pizza dough, spread out dough on lightly greased pizza pan to make a 12-inch (30 cm) circle.

3. Brush olive oil on top of flatbread or pizza dough. Sprinkle with mozzarella cheese. Top with goat cheese, red pepper, tomato, black olives, onion, if using, and basil.

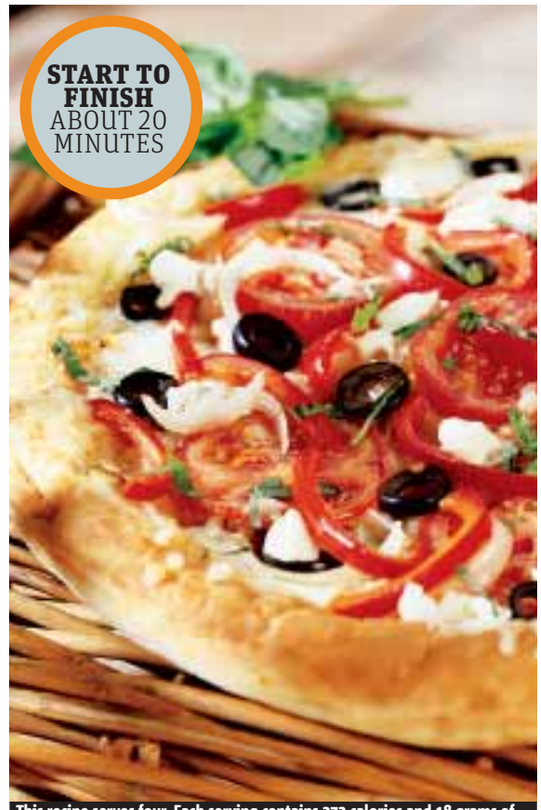
4. Bake pizza in bottom half of preheated oven for 10 to 15 minutes or until crust is golden and filling is bubbly.

EXCERPTED FROM DIETITIANS OF CANADA, COOK GREAT FOOD: 450 DELICIOUS RECIPES © 2001 ROBERT ROSE INC. ROBERTROSE.CA REPRINTED WITH PERMISSION. ALL RIGHTS RESERVED.

Healthy helpers

Dietitians of Canada offers up affordable kitchen must-have suggestions.

- **Steamer basket.** Steaming your veggies is a quick, easy, and healthy alternative to sautéing.
- **Oil mister.** The tool gives you precise control over how much oil is used.
- **Box grater.** While we love using our grater for cheese, it can also be used for all kinds of vegetables. Salads with grated zucchini, beets or carrots are a tasty side dish option.
- **Measuring spoon set.** If you thought these were only good for measuring liquid, think again. You can use them to sprinkle just the right amount of herbs or spices on your dish.



This recipe serves four. Each serving contains 373 calories and 18 grams of fat. DIETICIANS OF CANADA

Pats falter vs. Oil Kings in battle of playoff contenders

WHL. Other than power play, Regina offence sputters with post-season drawing near and road trip out west up next

On Wednesday

5	2
Oil Kings	Pats

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The Edmonton Oil Kings muscled past the Regina Pats 5-2 Wednesday night at the Brandt Centre, in a game featuring two of the Eastern Conference's most dangerous playoff-bound teams.

The Oil Kings (46-17-2-1), currently third in the East, outplayed the second-place Pats (37-24-3-3) for long stretches of the night and relied on an aggressive forecheck to control play.

At the other end, the Pats had a successful night on the power play, scoring on their first two tries with the man-advantage. But in a preview of a possible late-round playoff matchup, it was the Oil Kings who impressed, managing 27 shots on goal after only 40 minutes of play.

With the loss, the Pats' lead over the Swift Current Broncos for first in the East Division remains frozen at three points. While both teams still have five games left, the Broncos appear to have the advantageous schedule — including a pair of games against the woeful Moose Jaw Warriors to close out the season.

The Pats will now head west for a two-game mini road trip, starting with a matchup against the Eastern Conference-worst Lethbridge Hurricanes on Friday night. The following night, the Pats will visit Cranbook to face a strong Kootenay Ice squad.

Regina Pats defenceman Griffin Mumby battles for a loose puck with Edmonton Oil Kings forward Brandon Baddock in first-period WHL action on Wednesday night at the Brandt Centre. MARCO VIGLIOTTI/METRO

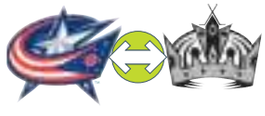
Drama on deadline day

Martin St. Louis wanted out of Tampa Bay, so Steve Yzerman and the Lightning granted him his wish.

In what could turn out to be the biggest trade ever influenced by the Olympics, St. Louis was dealt to the New York Rangers for **Ryan Callahan**, a first-round pick in the 2015 draft and a conditional second-rounder this year.

St. Louis asked for a trade after Yzerman, who was Team Canada's executive director, left him off the initial 25-man roster for Sochi. St. Louis replaced the injured Steven Stamkos and won a gold medal, but bitterness remained.

ALL PHOTOS GETTY IMAGES



Marian Gaborik

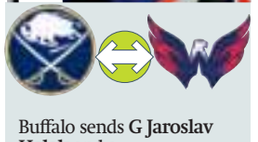
The Columbus Blue Jackets send F **Marian Gaborik** to the Los Angeles Kings for F **Matt Frattin** and two conditional picks.

Marcel Goc

The Pittsburgh Penguins acquire F **Marcel Goc** from the Florida Panthers for a third-round pick and a fifth-round pick in the 2015 draft and F **Lee Stempniak** from the Calgary Flames in exchange for a 2014 third-round pick.

The Canadiens acquired F **Thomas Vanek** from the New York Islanders for F **Sebastien Collberg** and a conditional second-round pick in the 2014 NHL draft. Vanek, seen as the best rental available, and a conditional fifth-round pick head to Montreal.

The Florida Panthers send G **Tim Thomas** to the Dallas Stars for G **Dan Ellis**.



Buffalo sends G **Jaroslav Halak** and a 2015 third-rounder to Washington for G **Michal Neuvirth** and D **Rostislav Klesla**.

THE ASSOCIATED PRESS/THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Family matters will take up most of your time today but don't think that means you cannot have fun. Loved ones are hoping you will suggest a trip you can all enjoy together.

♉ Taurus
April 21 - May 21
You know what you want and you know how and where to get it, so all you have to do now is reach out your hand and take it. Sounds easy, doesn't it? Well that's because it is. Make things happen!

♊ Gemini
May 22 - June 21
Good news about your finances is on its way and by the end of the week you will be wondering why and how you allowed yourself to get so worked up about a simple thing like money. Treat yourself — you deserve it.

♋ Cancer
June 22 - July 23
You have been a bit to cautious of late but now that Jupiter is moving in your favour again you will find the confidence to take a few risks. If you have not done it already, you should be planning your next adventure.

♌ Leo
July 24 - Aug. 23
You will no doubt wonder what the catch is when someone in a position of authority offers you something you have long desired, but there is no need to be suspicious.

♍ Virgo
Aug. 24 - Sept. 23
You want to get things done, but because not everyone is as motivated as you it may take effort to get others to help you. No, you can't go it alone. There is too much to do.

♎ Libra
Sept. 24 - Oct. 23
You will win over even the most reluctant of people today. Create a vision of what it is you intend to achieve and let them see that they can share in the spoils, but they have got to back you — now.

♏ Scorpio
Oct. 24 - Nov. 22
Don't give in today, especially with co-workers who will take advantage of you if you don't stand up for yourself. You may want to help but you should not be doing everything.

♐ Sagittarius
Nov. 23 - Dec. 21
Some people seem to be under the impression that they can snap their fingers and you will come running. But with Jupiter, your ruler, on great form today they are in for a rude awakening.

♑ Capricorn
Dec. 22 - Jan. 20
You've got a nagging feeling that you could have done more to make a success of a relationship. Maybe you're right but that was then and this is now. Stop looking back.

♒ Aquarius
Jan. 21 - Feb. 19
Jupiter moves in your favour today, making it easy to break free of habits that are holding you back. Remember: the best way to get rid of a habit is to replace it with a better one that challenges you.

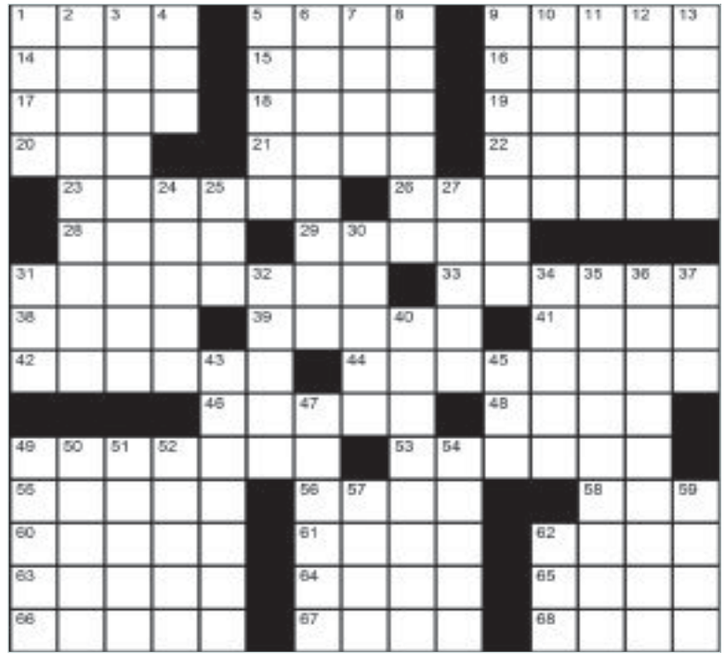
♓ Pisces
Feb. 20 - March 20
You will get a burst of energy today, enabling you to finish something you started a long time ago. Some people believe that Pisceans are lazy. It's time to prove them wrong.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

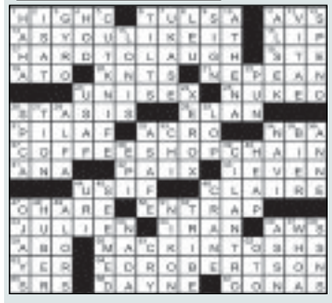
BY KELLY ANN BUCHANAN



Across
1. High hairstyle
5. Nursemaid
9. Zestfulness
14. Earth's crust's upper layer
15. Actor's dialogue
16. Staked, in poker
17. Stare
18. Facial result
19. Window's sun blocker
20. Alphabetical trio
21. Half of a Basque court game
22. Mouthwash-using step
23. Bellowing beast
26. Social site
28. Actress, Candace Cameron __
29. Music's Mr. Shaw
31. A car in Britney Spears' "Work B**ch!"
33. TV type
38. Certain cuckoos
39. "Don't __ __ what you know is true." - INXS
41. Tibia's locale
42. __ comedy
44. Northeastern Ontario community, __ Lake
46. Daniel Day-__
48. Libertine
49. Historic legal building in Toronto, __ Hall
53. Lays eggs, salmon-style
55. Wallet items
56. Certain canal
58. Calder Cup sports org.
60. Marvin Gaye duettist Ms. Terrell
61. Orchestra instrument
62. Ms. Gardner's
63. "Sounds like _ __!"
64. Fails to be
65. Delicate
66. __ to try (Eager)
67. More or __
68. Aardvark snacks

Down
1. Humour book: _._. __ Eh?: How Canada Secretly Controls the United States and Why That's OK
2. Loonies, dimes, etc.
3. Nova Scotia university
4. Rosemary Clooney's "This __ House"
5. Pond stuff
6. National Basketball League of Canada team, Saint John __ __
7. Buffalo sort
8. Princess Diana's (2012) character, The Once-__
27. Windshield __
30. __-Tikki-Tavi
31. Pas' wives
32. Oohed and __
34. "It must be _ __ news day."
35. Saskatchewan's southwest town
36. Prospecting passageway: 2 wds.
37. Also
40. Tom Cruise's 'Impossible' undertakings
43. Leonard Cohen's "__ Time"
45. Isthmus of __ (Malay Peninsula part)
47. Beetle sort
49. Grouping that's the sum of VII + I
50. Like dish-washing water
51. Manitoba town with Icelandic heritage
52. "Come __, __..." (Hurry ...or give it a break already)
54. Hides
57. The Parachute Club hit: "__ Up"
59. Itemized things, for short
62. Noted botanist Mr. Gray

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5			9	4		7	
6								
				6	8		2	3
8		2		4		1		
			6		5			
		6		7		2		9
7	1		9	8				
								2
	8		1	3			5	

Yesterday's Sudoku

5	3	4	2	9	1	7	6	8
7	9	1	8	6	5	2	4	3
8	2	6	3	4	7	1	5	9
4	8	9	7	2	6	5	3	1
2	7	5	1	3	9	6	8	4
1	6	3	4	5	8	9	2	7
6	5	8	9	7	3	4	1	2
3	4	7	6	1	2	8	9	5
9	1	2	5	8	4	3	7	6

Today
-10°/-22°
Light snow
80%
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-12°/-17°
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